

Guide for Parents

*An introduction to the K-12 school system
in Newfoundland and Labrador*



Please note:

Although every effort has been made to ensure the accuracy, currency, and reliability of the content, the Association for New Canadians cannot offer any guarantees in this regard.

Questions

If you have any questions about the information in this guide, call the Association for New Canadians at **709-722-2828**.

Key to common abbreviations:

ANC = Association for New Canadians

CAYP = Children and Youth Programs

ESL = English as a Second Language

NLESD = Newfoundland and Labrador English School District

SWIS = Settlement Workers in Schools

Suggestions

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General information about the education system in Newfoundland and Labrador

By law all children between the ages of 5 to 16 must attend school in Canada. Classes are held from the beginning of September until the end of June. Schools are divided into catchment areas. Your proof of residency determines which school your child will attend and this is decided by the School District. If you are not sure which school your child will attend, please contact your SWIS (Settlement Worker in Schools) worker. Schools are open Monday to Friday and usually run from 8:00 to 9:00 am in the morning until 2:00 to 3:00 pm in the afternoon.

There are three levels in the Canadian Public School System:

1. Elementary School – Kindergarten to Grade 6;
2. Junior High School – Grades 7 – 9; and,
3. Senior High School – Grades 10 – 12

Public schools are funded by the federal government and administered by the provincial government. **You do not have to pay to attend publicly funded schools.** There are also private schools which parents must pay for their child to attend.

All schools offer the same core programs. Some schools offer specialized programs such as English as a Second Language (ESL) or Co-operative Education. The Public School System is divided into two districts. (1) NLESD (Newfoundland and Labrador English School District) which is English-speaking and one (1) Conseil Scolaire Francophone Provincial (CSFP) which is French-speaking. Both districts include the entire province.

Registration

Your child will start school only after completing the registration process. The Association for New Canadians (ANC) can help you with the registration process and arrange for a meeting with the school principal or teacher. For more information, contact SWIS (Settlement worker in Schools) at **(709) 722-2828**.

Before registering your child for school, you must have the following documentation:

1. **Proof of student's age** – You will need *one of* the following documents

Birth record

Immunization record

MCP card/ Number

2. **Proof of address**

Telephone bill, electricity bill or a Lease/rental agreement with your name and address or any other document that has your name and address together

3. **Proof of guardianship**

This is required *if the student is under the age of 18 and is not living with a parent*

4. **Proof of immigration status** – You will need one (1) of the following:

Record of landed form or any document that shows your status in Canada

Confirmation of Permanent Residence

Permanent Residence Card

Contact Information

When you register your child for school, you must provide on the registration form *your address, home and work telephone numbers*, as well as the *name and telephone number of a friend or family member* who can be contacted in case of an emergency at the school. Make sure that you notify the school or your SWIS worker if you move or change your telephone number.

It is helpful if students know their:

- ☐ *full name;*
- ☐ *home phone number;*
- ☐ *home address;*
- ☐ *parent or guardian's full name; and,*
- ☐ *emergency contact's full name and phone number.*

It is important that parents have school contact information. This would include school telephone numbers, principal/vice-principal names, teacher names and school website.

Student Placement

The school system in Newfoundland and Labrador starts with Kindergarten and finishes with Grade 12. Students are placed in grades, depending on their age. In order to attend Kindergarten, your child must be 5 years of age or be turning 5 by December 31 of the year they begin.

- Elementary school students (Grades K-6) are usually aged 5 – 11 years
- Junior high students (Grades 7-9) are usually aged 12 - 14 years
- High school students (Grades 10-12) are usually aged 15 years and up

Multi-age Education

Some schools have students of two or more grades learning together in the same classroom. This is called multi-age education. Multi-age education can be the choice of the individual school or can result from having a low student population. For example, in areas of the province that have a low population, schools may combine different grade levels in the same classroom or students may be bussed to a nearby city or town to attend school.

Kindergarten

The first year of school is called Kindergarten. Children usually start Kindergarten at the age of 5.

****Please note: There is no ESL program for Kindergarten children.***

Kinderstart Program

In Newfoundland and Labrador, children can participate in the *Kinderstart Program* the year before Kindergarten (children aged 4). All elementary schools in Newfoundland and Labrador have a *Kinderstart Program*.

When you register your child for Kindergarten, you will be informed about the *Kinderstart Program*. The Program consists of a series of eight one-hour orientation sessions for children and parents designed to ease the transition into

the school environment. Children registered for Kindergarten will attend *Kinderstart* in their designated neighbourhood school.

Starting early January your child will be registered to the Kinderstart program. Once the registration process is done, the school will contact you with regard to the Kinderstart session dates. It is important that one of the parents take the Kinderstart session with your child. Starting February, the sessions will be once in a month. Due to COVID-19 the NLESD is currently working on developing a program that meets the Public Health guidelines and the school protocol in place.

French Programs

There are four (4) French programs in Newfoundland and Labrador public schools:

In the *Early French Immersion Program*, your child will be taught all subjects in French from Kindergarten until Grade 2. After Grade 2, the amount of French instruction will decrease as the amount of English language instruction will increase.

In the *Late French Immersion Program*, students in Grade 7 have 75% of their classes taught in French. The amount of French instruction decreases after Grade 7.

In the *Core French Program*, French Language makes up 10% of the regular course load in Grades 4 through 9.

In the *Intensive Core French (ICF)*, students in Grade 6 receive a larger amount of French instruction for half of the school year.

ESL Classes

The English as a Second Language (ESL) Programs are managed by the School District. Most schools have ESL programs to help children learn English. When a child requires ESL support in the school, the Principal will ask the School District for support. It may take some time to assign an ESL teacher. You can discuss choosing a school with a SWIS worker from the Children and Youth Programs (CAYP) team. In addition to ESL, the LEARN program helps junior high and high school students who have significant gaps in their education. This program is mostly available in St. John's as of now. Speak with your SWIS worker for more information on schools that offer ESL and the LEARN program.

You can contact a SWIS worker by phone at (709) 722-2828

SWIS supports for your family

The Settlement Workers in School (SWIS) is designed to help children and youth integrate into the Newfoundland and Labrador school system. The SWIS Program is available across the province, in different regions. (See Appendix I for a list of schools in the St. John's Area that offer the SWIS Program).

Services offered by SWIS include:

Orientation:

- Home visit - Meet and greet
- Orientation to textbooks, school supplies, homework, report cards, appropriate clothing, food allergies etc.
- Introducing and explaining school policies
- Helping with registration, connecting with NLESD, and the school administrators
- Transportation- School bus and/or Metrobus
- Organizing school visits for parents/families to learn about your children's new school community

Needs identification

- One-on-one meetings with students and/or parents when they first come to school to identify needs
- Coordinate with the NLESD for assessments if the students are aged for Junior High or High school
- Regular communication with school staff about your child

Information

- Providing help and guidance to children and parents
- Helping parents become involved in the school and community
- Helping with other extra curricular activities at schools
- Helping/providing information with School Lunch registration and monthly menu selection for elementary school
- Helping with parent teacher meetings

Field trips forms, memos, letters, and other information from schools

Interpretation and Translation

When applicable, assisting with arrangements for translation services

Counselling

Providing counselling to students or parents who are having difficulty adjusting to their new school and/or community

Mental, physical and emotional health

Guidance Services

Most schools offer guidance services and programs. Guidance services and programs can help with the personal, social, emotional, spiritual, and career development needs of students.

Parents can also contact the Guidance Counsellor for advice and support related to their child's development.

Guidance Counsellors are also available to help students with their move from elementary to junior high; from junior high to senior high; and from senior high to university/college. The SWIS worker at that school will be able to connect you and your child with the Guidance Counsellor.

Anxiety

Children are often worried about starting classes at a school in a new country. Worrying can affect the way that your child thinks and feels. This can have a negative effect on their school work.

It is important to talk with your children about how they feel and encourage them to talk to you about school. Tell your child that being worried is normal and that it may take some time to adjust to the new environment.

Special Needs

Some children may need extra help at school. For example, a child with learning or physical challenges may require special classes.

If your child has a disability, contact your child's school or school board for more information on programs and services available.

Medical Needs

School staff will assist your child if he or she requires help administering medication or other medical services during the school day.

In order to use this service, you must provide the school with a note from your family doctor explaining the medical condition of your child and what assistance he or she would require while at school.

Safe and Caring Schools

The purpose of the Safe and Caring Schools Policy is to provide a learning environment that is respectful and safe for all students. The Safe and Caring Schools Policy goals are to promote:

- A positive school environment that is respectful and caring of everyone;
- Fair and balanced school policies that support a positive school environment by reducing bullying, racism, violence and harassment; and,
- A curriculum that recognizes and encourages equality, safety, understanding and respect

The following behaviours are considered unacceptable under this Policy:

- Harassment, intimidation, violence;
- Discrimination based on economic status, race, religion, sex, marital status, physical disability, mental disability, political opinions, colour, sexual orientation, or age;
- Distributing hate materials (i.e.: hate literature)
- Using, possessing or distributing illegal substances;
- Any behaviour that threatens the health and safety of any person; or,
- Any other behaviour under the Criminal Code of Canada

For more information on the Safe and Caring School Policy, please visit the Newfoundland and Labrador Government website at:

www.gov.nl.ca/education/k12/safeandcaring/

IN CANADA, IT IS AGAINST THE LAW TO DISCRIMINATE AGAINST OR HARASS PEOPLE BASED ON RACE, NATIONAL OR ETHNIC ORIGIN, COLOUR, RELIGION, AGE, SEX, SEXUAL ORIENTATION, GENDER IDENTIFY OR EXPRESSION, MARITAL STATUS, FAMILY STATUS, GENETIC CHARACTERISTICS, DISABILITY, AND CONVICTION FOR AN OFFENCE FOR WHICH A PARDON HAS BEEN GRANTED OR IN RESPECT OF WHICH A RECORD SUSPENSION HAS BEEN ORDERED. THE NEWFOUNDLAND AND LABRADOR HUMAN RIGHTS ACT ALSO PROHIBITS DISCRIMINATION BASED ON SOURCE OF INCOME AND POLITICAL OPINION.

Dealing with Concerns

When students feel another student has treated them unfairly, they should report it to the teacher, administrators, or any adults they trust in the school building.

Students should not try to resolve the problem without a teacher.

If you have any concerns about whether your child is being treated fairly at school, it is important that you speak to the teacher and/or school principal. If the problem is not solved, you can bring your concerns to the School Superintendent at the school board.



Smoke Free Schools

Medical research clearly shows that tobacco smoke is a major health hazard. Schools in Newfoundland and Labrador do not allow smoking on their property and all school related activities must be tobacco-free. These rules apply to students, staff and parents/guardians.

Code of Conduct

Every school has a Code of Conduct that explains school rules and regulations. These rules are sometimes posted inside the school. If they are not posted, you can ask the principal for a copy of the school's Code of Conduct. It is important

that you and your child become familiar with these rules and regulations. Anyone taking part in a school activity is expected to follow the Code of Conduct – this includes students, parents, volunteers, teachers and other school staff.

Discipline

Schools can discipline students in several ways. Depending on the severity of the students' behaviour, the school may choose one of the following disciplinary measures:

Detention: this is when a student is held after school for a short period of time.

Suspension: a school may suspend a student from:

- one or more class periods;
- one or more courses or school programs;
- school;
- riding the school bus; or,
- participating in school activities.

A student suspension can be no longer than 30 school days in total in a school year.

Expulsion: this is when a student is not allowed to return to school until the following school year. Expulsion occurs when a student continues to be disobedient and does not show improvement in their behaviour at school.

The school principal usually decides whether or not to detain, suspend or expel a student from school, and can sometimes decide the length of a suspension. The principal can consider many factors in this decision, including the severity of the behavior, whether or not the student understands the consequences of his or her behaviour, and whether or not a crime has been committed. Parents will be contacted if their child is suspended or expelled from school.

Behaviour that can result in Suspension or Expulsion from School and/or Police Action includes, but is not limited to:

Fighting

Verbal abuse (e.g. swearing)

Having drugs or weapons

Robbery

Use of a weapon to cause bodily harm, or to threaten harm

Vandalism

Sexual Assault

Cyberbullying

It is important to encourage your child to follow the rules and behave properly both inside and outside the classroom.

Tips to Encourage Good Behaviour

Talk to your child about school rules

Remind them that there can be serious consequences if they behave poorly

Tell teachers that you want to be told about any concerns they have regarding your child's behaviour

School Council

Every school has a school council. School councils are made up of parents, community members and school staff. The council discusses school policies and procedures. Most meetings are open for parents to attend.

Tips for Getting Involved

The school can give you the contact information of the School Council chairperson. Contact the chairperson and tell them you would like to be involved.

Attend School Council meetings regularly.

Speak up at meetings to help the School Council learn more about the needs and concerns of newcomer students and their families.

Report Cards

Report cards/progress reports are given out two times during the school year and once more at the end of the school year. Report cards/progress reports tell parents how their child is doing in each class. Sometimes parents have to meet with their child's teacher to pick up the report card. Other times the report card is sent home with the child and the meeting is scheduled at a later date.

Following Students' Progress Between Report Cards

It can sometimes be difficult to keep track of your child's progress in school. Report cards are one way to follow your child's school work, but it is important that you stay up to date about your child's progress. Speak with your child

regularly about their school work, attend all parent-teacher interviews, and contact your child's teacher if you have any concerns.

Also, if your child is in junior high or high school you will be provided with their Power School information, where you can get all the information you want from your children's school.

Parent-Teacher Interviews (PTI)

At the beginning of the school year and when report cards are handed out, parents are invited to come to school and/or meet online with their children's teachers. Parent-teacher interviews are a time when parents can talk about their child's school work and academic progress with the teacher. *These meetings are very important and, if possible, both parents should attend these meetings.*

Questions to Ask the Teacher:

- What are my child's strengths and weaknesses?
- How much time should my child spend doing homework?
- How does my child relate to other students?
- Does my child show special interest in any subject?
- Is there anything I can do to help my child with school work at home?
- What courses should my child consider for next term?

A SWIS worker or guidance counsellor can assist you in preparing questions for teachers' meetings.


School Holidays

Public schools in Newfoundland and Labrador run from the beginning of September until the end of June. During this time there are several holidays when children do not attend school.

Public and statutory holidays that fall in the school year are designated as holidays, almost always on a Monday, except for Remembrance Day (Nov. 11) and Good Friday. These may include Thanksgiving Day, Remembrance Day, Boxing St.

Patrick's Day, Good Friday and Victoria Day. Each community in the province is allowed an additional civic holiday which may or may not fall during the school year.

Apart from statutory and provincial holidays, there is a vacation (about two weeks) from the end of December until the first week of January (Christmas Break), as well as a one-week vacation (Easter Break) in March or April. The summer vacation usually lasts from the last week of June to the first week of September.



MOST ELEMENTARY SCHOOLS SEND HOME A MONTHLY CALENDAR THAT OUTLINES THE ACTIVITIES FOR EACH WEEK AND ANY UPCOMING SCHOOL HOLIDAYS. IF YOUR CHILD IS IN ELEMENTARY SCHOOL, IT IS A GOOD IDEA TO CHECK YOUR CHILD'S BOOK BAG FOR SCHOOL CALENDARS, NOTES, AND/OR HOMEWORK.

Missing School or Class

Students are expected to attend school *everyday* and to arrive *before classes begin*. It is important that your child attend class as the teacher keeps a record of students who are absent and reports them to the school office.

By law, students under 16 years of age must attend school regularly. However, if your son or daughter will be absent from school (e.g., doctor's appointment), you must call the school office before the start of classes to inform them that your child will not be attending.

Sick Days

If your child is sick and needs to stay home, the school requires that you call them to explain your child's absence. You must call the school in the morning for each day that your child will be away. Many schools also require that parents provide a signed note when a student returns to school.

Sample Note to Teacher

*Dear Ms. Jones,
Please excuse my son, John Smith, from yesterday's classes. He
was sick and was unable to attend school.
Sincerely,
Jack Smith*

If your child must leave school during school hours (e.g. for a dental appointment) you must notify the teacher or secretary. If a student becomes sick or has an accident at school, the school will contact you. If parents cannot be reached, the school will call your emergency contact.

Sometimes you will need a doctor's note to confirm that your child is sick. If your child should get very sick, he or she should be kept at home until a doctor allows him or her to return to school.

***Please note: No child under the age of 12 is to be left at home without a parent or guardian.**

Emergency School Closures/Snow Days

When the weather is bad (e.g., snow storms), schools are sometimes closed for the day. The school may also be closed for a half day – either in the morning or afternoon – depending on the weather.

It is a good idea to listen for school closure announcements on the radio when the weather is stormy. Radio stations will start making announcements at around 7:00 am. They also make announcements about field trip cancellations due to bad weather. You can follow the school and school district on their social media accounts where they update this information.

If you are unsure whether or not school is going ahead, you can contact the school or your local School District by phone or check their website (www.nlesd.ca) for information on school closure.

Professional Learning Days

Schools sometimes hold professional learning days for teachers. These are days when teachers learn new teaching methods and classroom techniques. Students do not attend school on these days. Schools will inform parents in advance of professional learning days.

Holidays and Religious Accommodation

If requested, schools will try to accommodate the religious practices of your family. Religious practices include religious holy days, dress and prayer.

It may be a good idea for you to meet with your child's teacher, vice principal or principal to discuss what accommodations are needed.

You must also contact the school if your child is observing a religious holy day and will not be attending school.

Dress Codes and Seasonal Dress

All schools have a dress code that students must follow. Clothes must be clean and free from obscene or rude messages and imagery.

Students must bring gym clothes on days when they have physical education classes. Gym clothes may include:

- T-shirts

- Shorts/Track pants

- Sneakers

Students have outdoor breaks and activities at various times throughout the school day so *it is important to dress your child according to the weather*. Most schools also require that students have separate indoor and outdoor shoes, especially during the winter.

The island of Newfoundland has a marine climate, which means the surrounding ocean influences it. Temperatures range from an average of 15 degrees Celsius (C) in July to -5 in January. Rainfall amounts range from 30 inches in the northwest to

60 inches on the south coast. The entire island is covered by snow in the winter, with the largest snowfall in the north-eastern part. There is fog on the east and southeast coasts, especially in the spring and early summer. Weather can change abruptly during the day, so it is a good idea to check the weather forecast before you send your child to school in the morning.

Labrador is between 10 to 15 degrees colder than Newfoundland during the winter. The average temperature is -7°C, but it is colder at night. The summer is usually shorter and cooler than on the island, with temperatures ranging from 10°C to 20°C.

Some tips on how to dress your child for weather

In winter: Coat, snow pants, gloves or mittens, a hat that covers ears, scarf, boots

On rainy days: Raincoat or waterproof jacket, rain boots

On sunny days: light, breathable clothing, hat, sunscreen

Learning in a Canadian Classroom

Teachers use different methods to help students learn including lectures and discussions, question and answer sessions, research, group work, field trips, tests, quizzes, exams and individual projects.

Students are expected to take part in classroom discussions and, sometimes, speak in front of other students (e.g., presenting a book report or project to the class). If your child is not comfortable presenting in front of large groups of people, you can discuss the issue with your child's teacher or principal. Accommodations can often be made to resolve this issue.

Some teaching methods may be unfamiliar to newcomer students. Here are some suggestions to help your child with his or her transition into their new school.

Tell your child that if they do not understand something in class, to ask the teacher for help.

Talk to your child about their school work. Discussing classroom topics at home is good practice for them.

Find out about after-school activities. After-school sports, clubs and music programs are open to all students. These programs provide a good opportunity for newcomer students to make friends and practice their

English in a group setting (e.g., the ANC offers the Homework Club at various schools)

Projects

In many classes, teachers ask students to complete a project. Students are to pick a topic, research the topic, and write a paper or present a report to the class. Teachers can help students choose a topic and organize their projects. Sometimes students work together in groups on a project.

Field Trips

Teachers will sometimes arrange for students to visit different places around the community such as a museum or community event. These outings are called “field trips.” The school requires parents’ permission for students to attend a field trip. Students will bring home a permission form for you to sign. Sign the form as soon as possible and return it to the school with your child. *Please Note: There may be a cost associated with some field trips.

Curriculum

In Newfoundland and Labrador, all public schools follow the same curriculum. The curriculum describes all subjects and courses taught in school. The Department of Education is responsible for the school curriculum. In Newfoundland and Labrador, the Kindergarten to Grade 12 school curriculum includes the following subject areas:

- Art
- Career Education (High School)
- Co-operative Education (High School)
- French (oil)
- Health
- Home Economics (Junior High)
- Skilled Trades
- Economic Education (High School)
- Enterprise Education (High School)
- Family Studies (High School)
- Guidance (Junior High and High School)
- Mathematics
- Music

Physical Education
Religious Education
Science
Social Studies
Technology Education (Junior High and High School)

School Supplies

Schools usually give students a list of supplies that parents are required to buy. Some schools sell part or all of these supplies at a discount to parents, other schools do not. If school supplies are not available in the school, you must purchase them. Most department stores, drug stores and Dollar stores carry school supplies.

Textbooks

On the first day of school, teachers provide students with a list of books that they will need for each of their classes. Schools provide textbooks free of charge. However, the textbooks remain the property of the school and are to be returned at the end of the school year in good condition. Students may be charged money for the textbooks if they are returned in poor condition.

Homework

Teachers often send assignments home with children to be finished by the next school day. This is called “homework.” *You should expect your child to have homework every night.* The amount of homework depends on the grade that your child is in. For example, students in elementary school have less homework than students in junior or senior high school.

The ANC offers a Homework Club for newcomer students, once a week, in some of the schools in the St. John’s area throughout the school year. This program provides assistance to newcomer children studying English as a Second Language, provides homework assistance, and reinforces language and literacy skills.

Access to Computers

Schools have computers that students can use at certain times during the day. School computers are to be used for educational purposes during class time; however, personal use is sometimes allowed as long as it does not interfere with school work.

Schools can monitor school computer use by both students and staff. Schools may also block or limit the use of some Internet sites.

Students can also access computers at public libraries or community centers. These computers are open to the public and can be used for free during operating hours.

Lockers

Each student is given a locker at the beginning of the school year. The lockers are property of the school and are to be cleaned out at the end of the school year. In elementary school, lockers usually do not have locks. In junior and senior high school, all lockers must have a lock. Schools usually provide the lock to the students to use. In some schools, students may have to share a locker. The locker should not be used to store valuable items. The school is not responsible for stolen or damaged locker contents.

Breakfast Program

Some schools have a breakfast program for students. This program provides breakfast for students at school, before classes begin in the morning. There is no cost for this service. Not all schools have a breakfast program, and those that do may not offer it every day. Contact your child's school to see if this service is available. If your child takes part in the breakfast program, they must be at school 30 minutes before the start of class. Also, some of the High schools encourage students to partake in a breakfast program to obtain volunteer hours needed for the career development course.

Lunch (School Lunch Association)

Children in elementary school are not allowed to leave school grounds at lunch time without written permission from a parent or guardian. If your child stays at school for lunch, he/she can bring lunch from home or buy lunch at school.

Some elementary schools have a lunch program for students through the **School Lunch Association** (LINK: <https://schoolslunch.ca/>). Once you have registered your children at the beginning of the school year, they can have a provided lunch at school. Registration is \$10 for one child, \$15 for two children, and \$20 for three or more children from the same household.

After registering, parents sign in every month to pick the menu. There is a cost for each meal. However, it is on a “pay if you can” basis. This means that if you can afford to pay for the lunch, you will be charged a fee for the food. If you cannot afford to pay the fee, the hot lunch will be provided to your child free of charge. No other children will know who has paid and who has not. Contact the school to find out if they have a lunch program and whether or not you are required to pay. The School Lunch Association has gone paperless to avoid contacts; you can find out more at www.schoolslunch.ca

Most junior and senior high schools allow students to leave school grounds at lunch. Students can also choose to stay at school to eat their lunch or buy lunch in the school cafeteria. At the time of writing, the only school at this level participating in the School Lunch program is Leary’s Brook Junior High in St. John’s.

Nutrition Policy/Healthy Eating

Newfoundland and Labrador’s school nutrition policy is that all food served to students in the schools must be nutritious and healthy. The nutrition policy includes school breakfast programs, recess breaks, lunch breaks, vending machines, cafeterias, canteens, fundraisers, and all other food sold or distributed in the school.

The nutrition policy encourages lunches brought from home to follow these guidelines. It is important that your child has a healthy and nutritious lunch.

The benefits of healthy eating include:

- Better overall health
- Lower risk of disease
- A healthy body weight
- Feeling and looking better
- More energy
- Stronger muscles and bones

When preparing a lunch for your child, include a variety of healthy foods. Children and teenagers learn and focus better when eating according to the suggestions listed in *Eating Well with Canada's Food Guide*. For a copy of Canada's Food Guide, visit Health Canada's website at <https://food-guide.canada.ca/en/>

3 Steps to Packing a Healthy Lunch:

1. Include foods from Canada's Food Guide:
 - a. Vegetables and fruits (fresh, canned, frozen or dried)
 - b. Grain products (whole grain breads, pastas, rice and other grains)
 - c. Protein (lean meat, fish, poultry; peas, beans, and lentils; lower-fat milk, yogurt, kefir and cheese; nuts and seeds; tofu and eggs)
2. Offer reasonable sized portions.
3. Limit foods and drinks high in calories, fat, sugar, or salt such as:
 - a. Cakes, doughnuts, pastries, cookies and pies
 - b. Pop, juices, and fruit "drinks" – the Food Guide recommends water as a drink whenever possible
 - c. Potato chips, chocolate, candy and bars

School Bus Transportation

Some students have access to free bus transportation to and from school. This bus service is provided by the School Board and is separate from public bus transportation. To be eligible for bus transportation you must live more than 1.6 kilometres from your neighbourhood school. Parents are responsible for bringing their young children to the bus stop at the correct time.

Contact your child's school or SWIS worker for more information on bus routes and schedules. Children under the age of 12 should be accompanied to school by a parent or guardian if school bus transportation is not provided.

Please Note: Transportation is **NOT** available for summer school, night classes or any other school-related activity outside the regular school hours.

Public Transportation

In St. John's, Mount Pearl, and Paradise, the public bus system is provided by Metrobus. At the time of writing (May 2021) the cost for riding the bus is \$2.50 for adults and \$2.00 for children 12 years and under. 10-ride passes are \$22.50 for adults and \$18.00 for seniors (65+) and children; monthly passes are \$78.00 for adults and \$53.00 for children and seniors. Metrobus also operates GoBus, for people with disabilities. Information on routes, etc. is available at metrobus.com.

In Corner Brook, the public transportation system is provided by Murphy's Transportation. The cost for riding the bus is \$2.50* for adults and \$1.25* for children 12 years and under. Monthly bus passes and 5-ride cards are available for adults, seniors, and students. Information on routes and schedules is on the [City of Corner Brook website](#).

Older children can take the city bus system by themselves but must be shown how to take the routes both to and from school.

High School Graduation Requirements

Students must obtain a minimum of 36 credits in order to graduate from high school in Newfoundland and Labrador. Most students complete 14 credits each year for a total of 42 credits over three years. Students must complete high school before continuing their education at a university or community college. In some cases, students need a fourth year of high school in order to complete all the credits required for graduation.

For more information on graduation requirements consult with a guidance counsellor at your child's school or contact a SWIS worker at 709-722-2828. If you live outside the St. John's area or if there is not a SWIS worker at your child's school, you can call or email the Association for New Canadians for advice or assistance. Phone 709-722-2828 or email cayp@ancnl.ca.

Students Who Are 18 Years of Age or Older

Students who are 18 years of age or older are legally adults in Canada. If the student is 18 years of age or older, school information is given to the student and not the parents.

If you want to receive information from the school, such as report cards or letters from the teacher, students must sign a form in the school office giving you permission to receive information from the school.

English Language Requirements – University and College

Students must complete high school before going to college or university. Universities and some community colleges require students to take the Test of English as a Foreign Language (TOEFL), Canadian Academic English Language (CAEL) assessment, or a similar language test in order to determine their level of understanding in English.

The Association for New Canadians offers a TOEFL preparation course to help clients prepare for this test. Ask your SWIS worker about this.

Most universities also require that students have completed specific English courses in high school before admission. Most colleges/universities require at least 75% overall high school average to be accepted (some will be different). Each college or university is different – check the requirements of the one(s) your child is interested in.

Other ANC services

While CAYP is the ANC department you will interact with as the parents of school-age children, the ANC also offers services that will be helpful to youth outside of the K-12 school system. Summer programs run by CAYP are available as well.

Support Programs for ESL Students 18 years of age or older The ANC offers the Language Instruction for Newcomers to Canada (LINC) Program to help permanent resident adult learners (18 years of age or older) gain the necessary skills to settle and integrate successfully into Canadian society. The LINC Program focuses on

developing the reading, writing, speaking and listening skills of newcomers and includes both classroom and computer assisted learning. The ANC also offers evening classes open to all newcomers.

The ANC's Acquiring Experience, Integrating Skills (AXIS) division offers several employment assistance programs and services to eligible clients. For additional information about AXIS programs and services, call (709) 579-1780 or e-mail axis@nfld.net

Youth Engagement Officer: As part of the Child & Youth Programs team the ANC has a Youth Engagement Officer (YEO), who works with clients aged 18-30. This includes high school students and other young adult clients. The YEO's work encompasses any assistance these clients may need such as career support and guidance in alignment with the goals of the clients, connecting individuals with mentoring opportunities within the community, university and college, Student Aid, employment, community engagement, etc. In addition, social programming for this age group, such as a Young Adults Group, is also facilitated by the YEO.

2Gather Mental Health and Wellness Project:

2Gather Mental Health and Wellness Project is lead by the Youth Engagement Officer at the CAYP team with following objectives:

- Encourage newcomer youth and their families to talk about mental health and wellbeing - provide a "time and place" to become champions in the community - catalysts of change and acceptance
- Establish an Advisory Group of newcomer youth & parents from the community to advise and collaborate on all aspects of the project
- Share information on supports and services they can access - empower youth/parents to seek assistance through local healthcare, community and ANC resources
- Build partnerships and collaborate with mental health and wellness service providers to promote culturally humility and understanding when working with newcomer population (ie. Service Providers session)

Summer enrichment programs for youth A Summer Enrichment Program is offered from July to August to newcomer youth (ages 13-21). This program

focuses on English and Math skills, as well as community awareness and career development. It consists of in-class instruction and field trips around the city. Youth will not only learn about academics, but make new friends and get to learn more about their new community.

ESL summer program for children The ANC's ESL Summer Program for Children. offered daily in July and August, helps newcomer children (ages 6-12) learn and practise English. It includes structured time, games and sports, and fun activities designed to develop their language and learning ability in their new country.

Summer camp includes a lot of field trips, and presentations/guest speakers from community partners such as RNC, Sobeys, Canadian Cancer Society etc.

Community resources

Internationalization office at MUN Memorial University is committed to internationalization, international cooperation, student mobility and cultural sensitivity. They welcome international visitors and they strive to collaborate with educational institutions, businesses, governments, foundations, benefactors and alumni around the world in order to enrich research and teaching, and to ensure they offer outstanding programs for faculty and students.

<https://www.mun.ca/international/>

The College of the North Atlantic CNA is Newfoundland and Labrador's public college system. It offers a variety of workplace-oriented programs at 17 campuses in the province. Student life is lively, and there is an increasing contingent of international students, with special events and services for them.

<http://www.cna.nl.ca>

REAL (Recreation Experience and Leisure) Program The CAYP team helps students/families register for the REAL (Recreation Experience and Leisure) with the City of St. John's. To be eligible for this program you have to be residing in St. John's. The REAL program provides recreation and leisure opportunities to children and youth in financial need. It matches children and youth, up to the age of 18, with one organized recreational activity of their choice. Your child's SWIS worker will be able to help you if you have any questions.

<http://www.stjohns.ca/living-st-johns/recreation-and-parks/real-program-recreation-experiences-and-leisure>



APPENDIX I

St John's & Area Schools that offer Settlement Workers in Schools Programming

High School:

Holy Heart Regional High School
Gonzaga High School
PWC - Prince of Wales Collegiate
Waterford Valley High School

Junior High School:

Brother Rice Junior High
Beaconsfield Junior High
Leary's Brook Junior High
MacDonald Drive. Junior High
St. Paul's Junior High

Elementary Schools:

- East Point Elementary
- Vanier Elementary
- Bishop Feild Elementary
- Bishop Abraham Elementary
- Cowan Heights Elementary
- St. Teresa's Elementary
- Rennie's River Elementary
- McDonald Drive Elementary
- Mary Queen of Peace Elementary
- St. Andrew's Elementary
- Larkhall Academy
- St. Mary's Elementary
- St. Matthew's Elementary
- Hazelwood Elementary
- Roncalli Elementary
- Mary Queen of World Elementary

APPENDIX II

Your Child's School Information

(Feel free to complete fields below for your quick reference)

Child Name _____

School Name _____

School Address _____

School Telephone Number _____

Homeroom Teacher Name _____

Grade _____

Principal Name _____

Vice-Principal Name _____

School Bus Numbers

Morning: _____

Afternoon: _____